

2008 PAC Cross Country Release Week 7 - October 13



Presidents' Athletic Conference
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2008 PAC CROSS COUNTRY RESULTS/SCHEDULE

LAST WEEK

Friday, October 17, 2008

Wilmington Fall Classic

Men (23 teams)

14. Thomas More - 452

Women (24 teams)

16. Thomas More - 411

Saturday, October 18, 2008

Oberlin Inter-Regional Rumble

Men (30 teams)

13. Grove City - 372

18. Saint Vincent - 467

26. Westminster - 796

28. Washington & Jefferson - 848

Women (27 teams)

7. Grove City - 197

20. Washington & Jefferson - 625

25. Westminster - 765

Gettysburg Invitational

Women (21 teams)

13. Saint Vincent - 287

Hood College Invitational

Men (seven teams)

4. Waynesburg - 84

Women (six teams)

2. Waynesburg - 39

Walsh Invitational

Men (seven teams)

2. Thiel

3. Geneva

Women (seven teams)

3. Geneva

6. Thiel

Bethany, Chatham - off

NEXT WEEK

Saturday, November 1, 2008

2008 PAC Cross Country Championships

Voice of America park - West Chester, OH

Hosted by Thomas More College

Women - 11 a.m.; Men - noon

Men's Runner of the Week

GARRETT CICHOWITZ

Grove City

Sophomore

Colorado Springs, Colo.

Palmer H.S.



Cichowitz captured his third PAC weekly honor this season after finishing in 30th place in a 270-runner field at the Oberlin Inter-Regional Rumble in Oberlin, Ohio. His 8-kilometer time of 25:36 broke his own GCC school record.

Also nominated was freshman **Richard Peterson** of Thiel, sophomore **Kyle Egan** of Thomas More, sophomore **Andrew Howard** of Washington & Jefferson, freshman **Adam Swingle** of Waynesburg, and freshman **Morgan Hanes** of Westminster.

Women's Runner of the Week

MEGAN GROVER

Waynesburg

Senior

Arvada, Colo.

Faith Christian H.S.



Grover earned PAC honors for the fourth straight week after capturing the individual title at the Hood Invitational in Frederick, Md. She posted a 6-kilometer time of 23:25 to best the second-place finisher of the 50-runner event by over two full minutes. It was her second individual invitational title of the 2008 season.

Also nominated was senior **Kristen Carter** of Grove City, freshman **Tiffany Blosser** of Thiel, freshman **Katie Mestemaker** of Thomas More, senior **Erin Long** of W&J, and junior **Rachel Hudson** of Westminster.

LEADERS OF THE PAC: Kristin Carter

of Grove City set a new school 6K record with a time of 21:26 while placing third at the Oberlin Inter-Regional Rumble ... Saint Vincent also posted top finishes at Oberlin, as the Bearcats were paced by **Adam Smith** (18th) and **Katie Macioice** (19th) ... **Erin Long** set a new W&J school record with a 6K time of 22:21, good for 15th place out of 232 runners at Oberlin ... **Andrew Howard** (157th) paced the W&J men ... For Westminster at Oberlin, leading the way was freshman **Morgan Hanes** (129th) and **Rachel Hudson** (135th) ... **Adam Swingle** (7th) was the top finisher for the Waynesburg men at Hood ... **Richard Peterson** (6th) and **Tiffany Blosser** (15th) topped Thiel runners at Walsh ... **Kyle Egan** (83rd) and **Katie Mestemaker** (74th) were top finishes for Thomas More at Wilmington.

2008 PAC CROSS COUNTRY RUNNERS OF THE WEEK

	Men	Women
September 1:	Garrett Cichowitz , GRO	Kristen Carter , GRO
September 8:	Andrew Howard , W&J	Kristen Carter , GRO
September 15:	Garrett Cichowitz , GRO	Julia Seward , GRO
September 22:	Josh Horn , TMC	Erin Long , W&J
September 29:	Morgan Hanes , WES	Megan Grover , WAY
October 6:	Richard Peterson , THI	Megan Grover , WAY
October 13:	Bill Moder , WAY	Megan Grover , WAY
October 20:	Garrett Cichowitz , GRO	Megan Grover , WAY

Bethany Bison

The Bison were off last weekend and will be again this Saturday, as they make their final preparations for the PAC Championships Nov. 1 at Thomas More ... Bethany competed in its final tune-up Oct. 11 at the Carnegie Mellon Invitational.



Chatham Cougars

Chatham was off last week training for the Presidents' Athletic Conference championships on November 1.



Geneva Golden Tornadoes

Each of Geneva's men and women incredibly turned in either a personal or season best at the Walsh University Invitational Saturday ... Both the men and women came home with third place overall finishes ... **Rebecca VanRegenmorter** led the women with her second race of the season breaking the 20-minute barrier ... She crossed the line in fifth place with a time of 19:19 ... Teammate **Nicole Okerlund** ran 20:11 and finished ninth overall ... In men's action, **Josh Gunnett** picked up a third-place finish with a personal best time of 26:28 ... **Josh Falk** crossed the line in fifth place with a season best 26:51 ... Geneva will enjoy a week off to prepare for the PAC championships at Thomas More on November 1st.



Grove City Wolverines

The Grove City cross country teams returned to action Saturday with strong performances at Oberlin's Inter-Regional Rumble ... The teams' respective school records both fell over the weekend ... On the women's side, seniors **Kristen Carter** and **Julia Seward** both broke **Janna Sallade's** six-year old record for 6K (21:45) ... Carter took third overall with a time of 21:26 while Seward finished fifth in 21:34 ... On the men's side, sophomore **Garrett Cichowitz** covered the 8K course in 25:36, breaking his own Grove City record of 25:42 ... He took 30th overall ... Senior **Dan Spaulding** also eclipsed that mark by finishing 33rd in 25:40 ... The men placed 13th out of 30 while the women took seventh in a field of 27 ... Grove City is off in preparation for next week's PAC Championships.



Saint Vincent Bearcats

The Bearcat men ran against a strong field at the Oberlin Inter-regional Rumble, finishing 18th out of 30 teams ... Senior **Adam Smith** continued his strong season, finishing in a school-record time of 25:20, good for 18th place ... Teammate **Kevin Wanichko** also entered the school record books, as his time of 26:06 was the best-ever recorded by an SVC freshman ... He finished in 64th place in the field of 271 runners ... The Lady Bearcats participated at the Gettysburg Invitational, finishing in 13th place out of 21 teams ... **Katie Macioice** was SVC's top finisher, taking 19th overall with a time of 23:48 ... She was followed by teammates **Emma Goetz** (58th), **Claudia Arrunategui** (64th) and **Marie McIntyre** (70th).



Thiel Tomcats

The Thiel College cross country teams both fared well in at the Walsh Invitational on Saturday, with the men capturing a second-place finish and the women wrapping up sixth place ... Only Walsh outpaced the men on the day in a six-team field, capturing 22 points to Thiel's 61 ... Freshman **Richard Peterson** earned a team-best sixth place finish with a time of 26:51 ... Freshman **Tiffany Blosser** earned a 15th-place finish with a time of 20:40 to pace the Thiel women.



Thomas More Saints

The TMC men finished 14th of 23 teams with 452 points at the Wilmington Fall Classic ... Sophomore **Kyle Egan** paced the team as he finished 83rd (28:01.52) ... Egan was followed by freshman **Sean Burgoon** in 115th (28:51.41), freshman **Josh Newport** in 116th (28:52.53), junior **Josh Horn** in 125th (29:05.58) and freshman **Nathan Goodrich** in 138th place (29:34.56) ... The women finished with 411 points to finish 16th of 24 teams ... Freshman **Katie Metemaker** finished 74th (21:32.69) ... She was followed by sophomore **Rachel Krumpelbeck** in 77th (21:44.04), freshman **Graciela Reynolds** in 88th (22:08.16), freshman **Christine Kues** in 109th (22:43.35), and freshman **Brittney Finke** in 160th (24:34.08).



Washington & Jefferson Presidents

Senior Erin Long highlighted 12 W&J student-athletes competing at the Oberlin Rumble Saturday in Ohio ... Long set a new school record for the 6K after finishing the race 15th in a time of 22:21 ... A total of 232 runners competed in the women's division ... Senior **Megan Duffett** and sophomore **Laura Procaro** both also recorded personal best times for the W&J women ... Duffett finished 120th (24:16), while Procaro crossed the finish line in 187th place (26:11) ... Sophomore **Andrew Howard** recorded an 8K time of 27:44 to pace the Presidents' men in 157th place of 270 runners ... Freshman **Michael Shea** finished close behind in 158th place (27:46), while junior **Will Seymour** turned in a 176th-place finish (28:32).



Waynesburg Yellow Jackets

The Waynesburg cross country team traveled south to Maryland this past Saturday to compete at the Hood Invitational ... Senior standout **Megan Grover** won her second individual title of the season and finished in the top ten of every meet the Waynesburg women took part in ... Freshman runner **Adam Swingle** led the men with a seventh-place finish.



Westminster Titans

The Westminster men's and women's cross country teams competed at the Oberlin Inter-Regional Rumble on Saturday ... The men placed 26th out of 30 teams while the women placed 25th out of 27 teams ... Freshman **Morgan Hanes** was the first Titan to cross the finish line for the men ... Hanes finished with a 129th place time of 27:08 ... On the women's side, junior **Rachel Hudson** was the first Titan to finish at 24:58 for 135th place overall.



Bethany Bison

		<u>Men</u>	<u>Women</u>
Sept. 6	at D&E Forest City Festival	Ind. only	5th/8
Sept. 13	at Marietta Invitational	Ind. only	9th/10
Sept. 27	at Rio Grande Invitational	Ind. only	3rd/5
Oct. 11	at Carnegie Mellon Invitational	Ind. only	13th/14
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Chatham Cougars

		<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	10th/13
Sept. 13	at Waynesburg Invitational	12th/13
Sept. 20	at Dickinson Invitational	No score
Sept. 27	at Saint Vincent Invitational	9th/12
Oct. 4	at Pitt-Greensburg Invitational	7th/9
Oct. 11	at Carnegie Mellon Invitational	14th/14
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)	
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)	

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	8th/11	8th/13
Sept. 13	at Waynesburg Invitational	8th/13	10th/13
Sept. 27	at Saint Vincent Invitational	7th/10	4th/12
Oct. 11	at Carnegie Mellon Invitational	11th/13	9th/14
Oct. 18	at Walsh Invitational	3rd/7	3rd/7
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	1st/11	1st/13
Sept. 6	at California (Pa.) Invitational	4th/11	2nd/12
Sept. 13	at Waynesburg Invitational	4th/13	4th/13
Oct. 3	at Lehigh Paul Short Invitational	9th/41	10th/37
Oct. 18	at Oberlin Invitational	13th/30	7th/27
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
Aug. 30	at Duquesne Duals (M)	5th/9	---
Aug. 30	at Westminster Fisher Invitational (W)	---	4th/13
Sept. 6	at California (Pa.) Invitational	5th/11	4th/12
Sept. 13	at Marietta Invitational (W)	---	3rd/11
Sept. 19	at Notre Dame Catholic Invitational	6th/23	10th/24
Sept. 27	SAINT VINCENT INVITATIONAL	1st/10	2nd/12
Oct. 11	at Carnegie Mellon Invitational (M)	6th/13	---
Oct. 11	at Juniata Invitational (W)	---	4th/11
Oct. 18	at Oberlin Invitational (M)	18th/30	---
Oct. 18	at Gettysburg Invitational (W)	---	13th/21
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 8	ECAC Championships (Boston, Mass.)		

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	7th/11	9th/13
Sept. 13	at PS-Behrend Invitational	6th/15	11th/16
Sept. 27	at Mercyhurst Invitational	2nd/3	3rd/3
Oct. 4	at Pitt-Greensburg Invitational	2nd/7	5th/9
Oct. 18	at Walsh Invitational	2nd/6	6th/6
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Thomas More Saints

		<u>Men</u>	<u>Women</u>
Aug. 30	at Franklin Invitational	7th	Ind. only
Sept. 6	at Hanover Invitational	12th/13	10th/11
Sept. 20	at Cedarville Invitational	13th/20	12th/18
Sept. 27	at Otterbein Invitational	18th/20	19th/23
Oct. 4	at Louisville Invitational	19th/25	22nd/28
Oct. 17	at Wilmington Fall Classic	14th/22	16th/24
Nov. 1	PAC CHAMPIONSHIPS (West Chester, Ohio)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
Sept. 6	at Washington & Lee Invitational	3rd/11	4th/10
Sept. 20	at Dickinson Invitational	18th/19	14th/15
Oct. 4	at Slippery Rock Invitational	19th/22	25th/29
Oct. 18	at Oberlin Invitational	28th/30	20th/27
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	9th/11	5th/13
Sept. 6	WAYNESBURG INVITATIONAL	12th/13	9th/13
Sept. 27	at Salisbury Invitational	13th/13	10th/15
Oct. 4	at Pitt-Greensburg Invitational	5th/7	2nd/9
Oct. 11	at Carnegie Mellon Invitational	12th/14	8th/14
Oct. 18	at Hood Invitational	4th/7	2nd/6
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA MID-EAST REGIONALS		

Westminster Titans

		<u>Men</u>	<u>Women</u>
Aug. 30	FISHER INVITATIONAL	6th/11	7th/13
Sept. 13	at PS-Behrend Invitational	5th/15	7th/16
Sept. 27	at Saint Vincent Invitational	6th/10	6th/12
Oct. 4	at Slippery Rock Invitational	15th/22	26th/29
Oct. 18	at Oberlin Invitational	26th/30	25th/27
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		